



## Transforming the Workplace, Step by Step

### CASE STUDY: Rebel Desk at MedStar Health

The MedStar Institute for Innovation is working closely with Rebel Desk, maker of treadmill desks, to encourage MedStar Health associates to “walk the walk” about optimizing their health and fitness, or being “MedStar Healthy.” The collaboration came about through 1776, a global incubator and seed fund based in Washington, D.C., where MedStar is a Founding Partner and Rebel Desk is a member company.

#### OPPORTUNITY

The average worker sits for more than nine hours a day.<sup>1</sup> For many, this time is spent seated in front of a computer. Only 25 percent of jobs in America are considered physically active.<sup>2</sup> MedStar Health recognizes this problem and is demonstrating how to make the workplace healthier.

#### SOLUTION

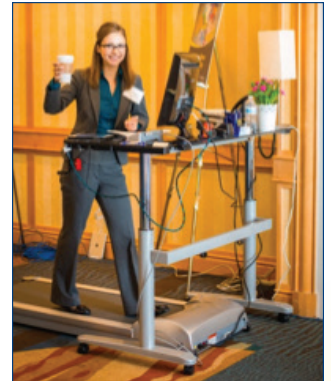
Rebel Desk was developed by a husband-and-wife team who wanted to help others transform their work lives, improve their health and increase their productivity. Rebel Desk replaces the traditional desk and chair with a treadmill desk. Studies have shown that strolling can improve attention and memory recall.<sup>3</sup> Rebel Desk has been featured on *Good Morning America* and *The View*, and in *Forbes* magazine and other media outlets.

Rebel Desk has a streamlined design that fits easily into an office environment. The treadmill has no rails, so it slips underneath the desk. The height of the desktop can be easily adjusted per person. The treadmill operates quietly, with a top speed of two mph. More than 24 desks are in use across six MedStar Health sites.

#### BENEFITS

The great news is that employees get the benefits of being active at work:

- Improved health and reduced negative effects of sitting
- Improved brain function and boosted metabolism
- Decreased back pain and risk of heart disease, diabetes, mortality, cancer, and stroke
- Boosted energy and reductions in lost productivity<sup>4</sup>



Brittany Singhas, MI2 project manager, demonstrates the treadmill desk.

<sup>1</sup> Glatter, MD. “Why Sitting Increases Your Risk of Dying Sooner.” *Forbes Magazine*, 9 Feb. 2013. Web. 2 January 2015.

<sup>2</sup> “The Price of Inactivity.” American Heart Association, 22 Mar. 2013. Web. 2 January 2015.

<sup>3</sup> Leber, J. “Treadmill Desks Aren’t Just Healthier, They’ll Also Boost Your Work Performance.” *Fast Company & Inc.* 28 January 2015. Web. 6 February 2015.

<sup>4</sup> Witters, Dan, and Diana Liu. “In U.S., Poor Health Tied to Big Losses for All Job Types.” *Gallup Well-Being*, 7 May 2013. Web. 15 Jan 2015.